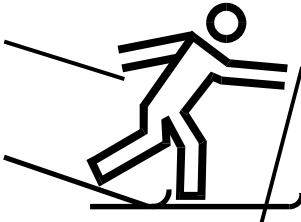


Nordic skiing and snowshoeing



with the International Ski Club of Geneva

Nordic (cross-country) skiing and snowshoeing is one of three activities offered by the International Ski Club of Geneva (SCIG).

Outings

The outings in the programme of one or two days (easy / intermediate / difficult) are organised on or off ready-made tracks by volunteer leaders. Due to poor snow conditions or bad weather, they can be modified or cancelled by the leader. A Nordic skiing or snowshoe outing may be replaced by a walk.

The one day outings usually take place on Saturdays or Sundays from the beginning of December to mid-April. Weekend outings leave Geneva on Saturday morning and return on Sunday evening. Occasionally, the departure takes place on Friday evening after work. A detailed description of each weekend outing is available at the *permanence* on Thursday evenings. There are no outings organised by the SCIG during the Christmas / New Year period.

The means of transport for these outings is by private car or train (CFF).

The time and place of departure are indicated by the leader at the time of registration for the outing. For outings by private car, the meeting place varies depending on the destination: rue de Varembe, former Touring Club Suisse (rue Pierre-Fatio), parking P/R Bachel-de-Pesay, etc. For outings using the train as a means of transport, the meeting place is at the main railway station (Gare Cornavin).

The co-ordination of these outings is under the responsibility of the person in charge of the Nordic section (see winter brochure or web site) who, in case of need, may be contacted at the weekly meetings on Thursdays or by e-mail.

Equipment

To begin with one can hire the equipment (skis or snowshoes, poles and shoes). For those who would like to buy the skis, we suggest classic skis (fibre-glass, scales, width 50 mm) and water-proof shoes covering the ankle. Snowshoes may either be with a plastic or metallic frame; the foot is secured on a flexible platform allowing the heel to lift.

Be sure to bring : skis or snowshoes, appropriate shoes, poles, warm clothes, anorak, gloves, a warm hat, sun glasses, protective sun cream, small rucksack, passport (with visa if required), Swiss and/or French money, change of clothes and shoes (can be left in the car), picnic (check when registering), drinks.

Prices of outings

These vary according to the destination and whether accommodation is needed (for weekends).

- For a one day outing : CHF 15.- to CHF 35.- (transport and CHF 5.- Club tax)
- For a weekend outing : CHF 80.- to CHF 200.- (transport, accommodation, evening meal, breakfast and Club tax)
- Surcharge for non-members : CHF 5.- per day

Nordic ski passes

A significant organization in terms of personnel and equipment is required to make a track for a network of circuits and trails. There is therefore a charge for accessing the tracks and a ski pass is needed.

Day passes may be bought in the Swiss and French nordic skiing centres (approximately CHF 10.- to CHF 15.-). We recommend however season passes which cost:

- Swiss season pass (valid throughout Switzerland, as well as in the nearby French departments: Ain, Jura, Doubs, Haute Savoie): CHF 90.-.
- Season pass for Swiss Jura (valid throughout the Swiss Jura): CHF 60.-.

- Season pass for one French department: approximately EUR 70.-.
- Season pass for France: approximately EUR 110.-.

Children

If accompanied by a parent or guardian, children of any age are welcome to participate in outings as long as they have the necessary stamina to complete the circuit foreseen. Nordic skiing and snowshoeing may be done from an early age. Further information on lessons and activities for children may be given at the *permanence*.

Registration

Leaders take registrations at the Thursday *permanence* (weekly meeting between 18:00 and 19:30), of the SCIG at the International Tennis Club, Chemin Rigot (between Avenue de France and Avenue de la Paix, just south of the Place des Nations), by electronic mail or by telephone (their electronic addresses and telephone numbers are included in the winter brochure or on the club's web site, www.scig.ch).

For one-day outings, registration takes place on the Thursday before the outing. For outings of two or more days, registration is open from the beginning of the season until **ten** days, at the latest, before the outing takes place.

If there are too many participants for a particular outing, priority is given to members of the Club.

Insurance

The SCIG has no accident or liability insurance for its members. Accident insurance in Switzerland is usually provided by employers and liability insurance is available from many companies in Geneva or in France. **Before skiing**, make sure that you are properly insured for skiing.

A *Carte Neige* insurance policy is available from many ski shops and ski schools in France. The *Carte Neige* covers ski accident evacuation, repatriation and some medical expenses that might not otherwise be covered.

It is the responsibility of the owner of a private car being used for the outing, to make sure he/she has the correct insurance coverage (liability, third party including the occupants of the car).

Rules to follow for participants of nordic outings

- Have the training and physical condition required by the nature of the outing.
- Possess all the necessary equipment.
- Do not leave litter on the track or the surrounding ground but take it home with you.
- During the outing, stay between the leader and the assistant (who is the last) and keep visual contact with the person in front of you.
- Dogs and other animals are not permitted on the outings.

Group lessons for beginners and intermediate skiers

Several group lessons are organized with professional instructors. Easy outings intended for beginners are also organized (nordic skiing and snowshoeing).

Lessons

The Club does not organise any individual ski lessons but gives further advice at the *permanence* and communicates a list of Nordic ski schools around Geneva.

Downhill skiing

The SCIG also organises downhill ski lessons, outings and weekends. For more information, enquire at the *permanence*.

For more information

Copies of the SCIG winter and summer programmes, its statutes and other information about the Club are available at the information desk at the *permanence* or can be obtained from the SCIG web site (www.scig.ch).